



JUNE EXAMINATION

PROGRAMME : HUMAN MOVEMENT STUDIES

MODULE NAME : CLINICAL EXERCISE SCIENCE

MODULE CODE : CEXS001

DATE : JUNE 2014

DURATION : 3 HOURS

TOTAL MARKS : 150

EXAMINER : LEON KEULDER

MODERATOR : PROF LEON LATEGAN

NUMBER OF PAGES : THIS PAPER CONSISTS OF TWO (2) PAGES

INSTRUCTIONS TO CANDIDATES:

MAKE SURE THAT YOU HAVE THE COMPLETE PAPER.

ANSWER ALL THE QUESTIONS.

QUESTION 1

Explain the purpose of Biokineticist in exercise prescription (10)

QUESTION 2

Design a exercise programme for a 35 year old female who has been diagnosed with Chronic fatigue syndrome? (Please make references to the phases of rehabilitation.). (25)

QUESTION 3

Explain how you would assess a patient's posture and movement pattern when climbing stairs? (10)

QUESTION 4

Discuss hydration during competing by referring to recent research conducted for a cyclist? (5)

QUESTION 5

Define clinical reasoning? List and describe common reasoning errors with clinical reasoning? (10)

Question 6

What factors do you have to take in consideration when designing a exercise program for children and elderly. Compare these factors in a table format? (25)

Question 7

Apply clinical reasoning in the design of a exercise program for a patient who had a cerebral aneurism? (25)

Question 8

What factors could contribute for the failure of a exercise programme? (20)

TOTAL: 150